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HIKE COOKING

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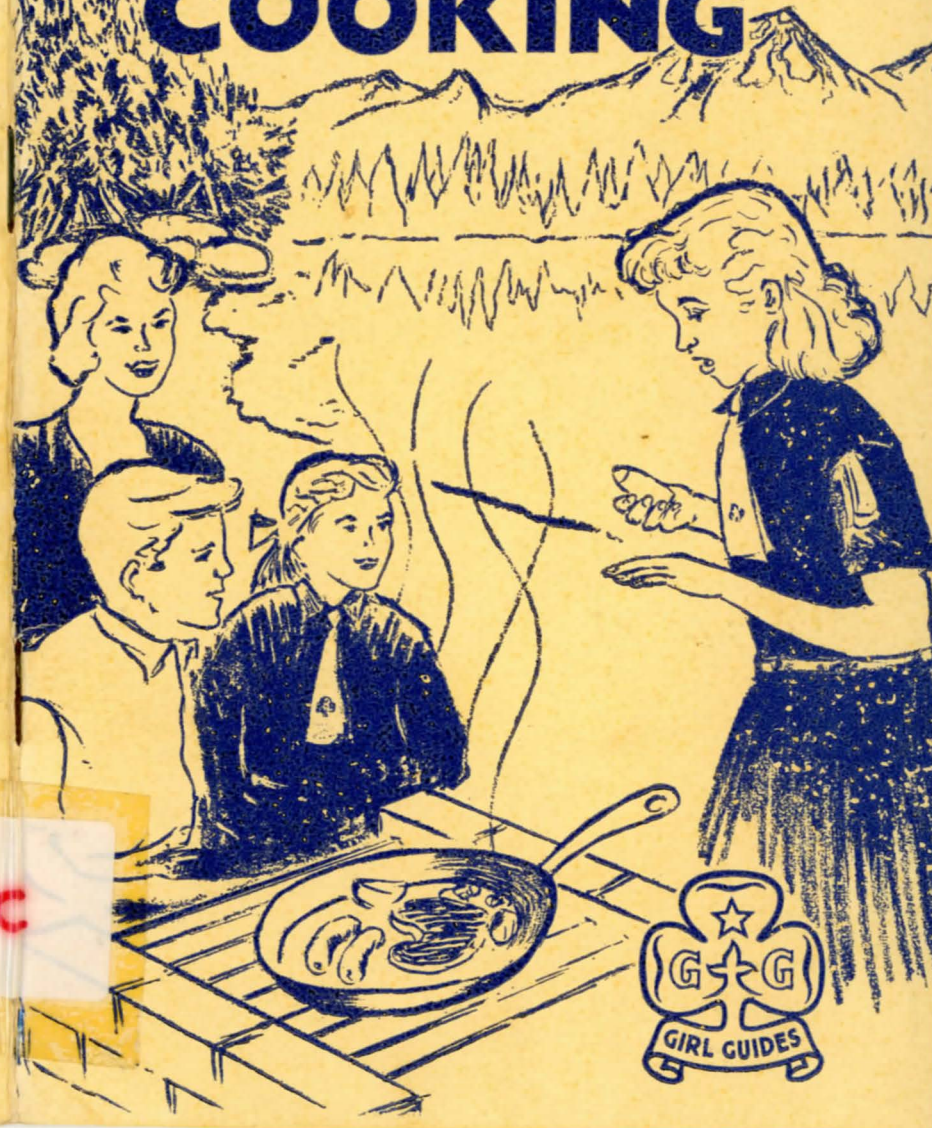


Hike Cooking

Published by

THE WELLINGTON CADETS

Foreword

BY THE WELLINGTON PROVINCIAL CAMP ADVISOR MISS N. RAYMOND

It is with pleasure that I write the foreword to this booklet. The Wellington Cadets have done a good job in producing it. The booklet has been compiled to assist you —guides and guiders—to give you basic information on hiking and to give ideas to which you yourselves can add. The recipes have all been tested and I have been assured that the results were excellent.

NANETTE RAYMOND,
Wellington Provincial Camp Adviser.

WOOD GATHERING

PUNK

Required in the centre of your fire to catch alight quickly. Suggested—dead gorse, twigs of manuka, beech, rata or mahoe, dead supplejack vines, tutu stalks or totara splinters. If leaves have to be used (normally unsatisfactory) try to find manuka or totara leaves.

KINDLING

It must be dead.

Normally, any thin stick which breaks with a sharp "crack" makes good kindling. Fuschia and hinau, however, do not.

It must be dry.

Dead twigs on a tree are always drier than those on the ground, but overhanging rocks or banks of streams often keep twigs dry. If no suitable twigs can be found (unusual), then a dead standing manuka sapling, though wet outside, will be found bone dry inside.

STOKING

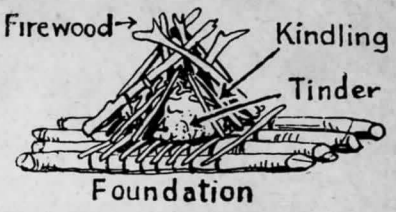
Hard, dark, heavy weeds are needed, to last well and provide plenty of ash for cooking.

Suggested—manuka and kanuka or any of the beeches, if neither rotten nor waterlogged.

If available, as in driftwood, rata, rimu, matai and miro are good. Broadleaf or old logs of pigeon wood, whitey wood or ngaio only burn if the fire is already hot.

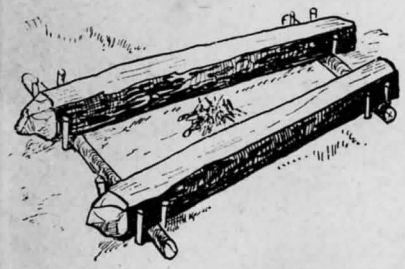
Hottest of all—maire—not usually to be found except in farm country.

TYPES OF FIRES SUITABLE FOR HIKES

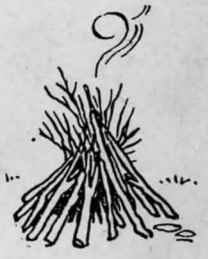


1. "A" fire, which is good on a day when the breeze is not too strong.

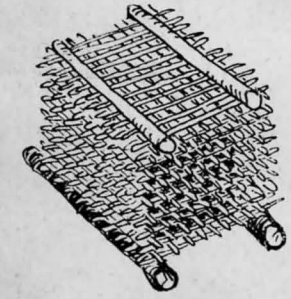
2. TRENCH FIRE—"A" fire in a trench. This is very good on a windy day. Build trench so wind funnels up into it.



3. TRAPPER'S FIRE—Pyramid fire with A and B to support it and keep out wind.

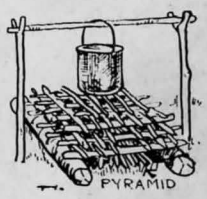


4. PYRAMID FIRE—Pyramid fire lets in the wind but is useless for putting utensils on.



5. LOG CABIN—Good for a wet day. It is good for putting utensils on as it is flat and steady.

6. CRISSCROSS—Good for a windy day.



7. REFLECTOR FIRE—Lean-to type. Use a log or a bank. Also use two big logs and place fire between. Good for utensils or for something which requires long cooking.

GENERAL:

Make use of natural surroundings such as cliffs, banks, rocks, etc. Get down in a hollow if possible and wind will pass over the top.

HINTS

1. When serving a two-course meal spread a square of grease paper on your plate. After eating one course, burn the paper and enjoy a clean plate for the sweet course.
2. Cover billycans with soft soap before putting on the fire. Cleaning is then extremely easy.
3. Watch equipment and watch quantity cooked. Cooking should not be the main purpose of a hike. A carefully-planned menu will cut down on equipment. You do not need too big a fire.
4. A well-balanced meal will depend on the season:
   (a) In hot weather—plenty of raw fruit and vegetables. Make use of salad vegetables in season. Also use dates, raisins, figs, natural sugars, which give energy.
   (b) In cold weather—need more hot things. Packet soups are easy to carry. Hot drinks such as tea or cocoa, or water for instant coffee, can be boiled in same billy which was used for soup. Rinse out and put on fire to heat while eating main course.

5. Don't forget to get permission to light a fire if on private property.
6. Tins of food can be heated in the fire but make a hole in the tin first. It is better to open partially with a tin opener first, as it is easier to handle cold than hot.
7. If no tinfoil is available, layers of wet greaseproof paper and then layers of wet brown paper.
8. Thin freshly-cut willow stick is very good for cooking sausages on or making a broiler. The latter is made with green sticks wound round a piece of stick back and front. This can be used for chops, fish, steak. Used especially for cheese dreams.
9. Tin Can Cooking: Biscuit tin with tin opener cut opening 3 inches square on one side of tin at top. On opposite side cut small square. Turn tin upside down. Place kindling in tin and light fire. Rub fat on top of stove and cook on it. Things can be packed inside for carrying.
10. The entire meat course for one person, e.g. vegetables, chops, chipped potato and a little fat, can be cooked in a tin, e.g. large Nestles coffee tin standing in deep embers. A little hot water will prevent sticking on bottom.
11. All cooking without utensils should be done over hot embers and not over the flames.
12. When cooking on a green stick there is no need to hold it. Rest it on a forked stick in the ground or anchor it down by stones.
13. Carry billy in a cloth bag to keep everything else clean.

EQUIPMENT TO TAKE ON A HIKE

First Aid Kit in waterproof container.
Haversack.
Groundsheet.
Matches in waterproof tin.
Extra socks.
Food in plastic bags.
Sharp knife, protected (e.g. sheath knife).
Raincoat.
Compass.
Hand towel and soap.
Shoe cleaner, etc.
1 plate, spoon, fork, mug (lightweight).

FIRST AID

1 triangular bandage.
1 1″ roller bandage.
1 2½″ crepe bandage.
1oz. pkt. cotton wool.
3 sterile gauze dressings.
Tweezers.
Sterile needle (or able to be).
Pair blunt scissor.
Assorted plaster dressings (1 tin).
Small spool sticking plaster.
4 safety pins.
1 4oz. plastic bottle top of Savlon sol. (made up 2 lbs. to pint).
Paraffin oil in screw-top bottle with dropper.
Anthisan cream for burns, sunburn, bites, etc.
Aspirin or Disprin.
Insect repellant if need be.

Recipes

MEATS

RISSOLES:
Mince meat and onion, worchester sauce, salt, pepper, and an egg. If possible, prepare before you leave by mixing all ingredients together and shape into small cakes. Wrap in tinfoil and cook in fairly hot fire, or fry.

KABOBS:
Kabob is the backwoodman's name for a meat dish cooked without utensils. Cut the meat into cubes about 1″ square and thread it onto a peeled thin green-stick, alternating it with bacon and onion. Seal the meat by holding it over a very hot fire for a minute, then cook more slowly by turning the stick. It can be supported by having two forked sticks and one along.

PIONEER DRUMSTICKS:
Mix sausage meat with a little beaten-up egg and roll in cornflakes or tomato sauce. Cook in tinfoil or rolled along a stick and hold over embers.

SAVOURY SAVELOYS:
Cut saveloys in half, lengthways, and fill with cheese. Wrap in bacon. Pin together with toothpicks then put in tinfoil and place in embers.

STEAK AND ONIONS:
Wrap steak and onions in wet greaseproof and then in tinfoil. Place in embers.

SAUSAGE PATTIES:
Roll sausage meat out into small flat cakes, halve them and fill them with onions and chopped vegetables. Wrap in tinfoil and cook in the embers.

MINCE STEAK ON A STICK:
Wrap mince around stick, dip into a beaten egg, then cornflakes. Cook over fire.

AMERICAN CHOP SUEY (Serves 8):

2 cans spaghetti in tomato sauce.
2 teaspoonsful fat.
3 small onions, peeled and diced.
1½lbs. mince.

Fry onions in fat, all mince (could be pre-cooked) and cook until well done. Add spaghetti, season and heat well. Other ingredients, such as cheese, bacon, etc., can be added if desired.

BACON TWISTERS:

Peel a green stick, wrap a piece of bacon around stick, cook it over hot embers. Make dough as for dampers. Wrap dough around bacon and bake until golden brown. This can be used round cheese or sausage, but must cook middle bit first.

SAUSAGE BATTER:

4 fried sausages.
2oz. flour.
1 egg.
Pinch salt.
½ pint milk and water mixed.

Make batter by adding egg to the flour and salt, mixing in milk and water slowly, beating well. When sausages are nearly fried and the fat is boiling, pour batter over sausages and cook until brown on both sides.

N.B.—Don't have batter too thick.

TRAMPERS' STEW:

Clean vegetables (potatoes, carrots) but do not peel. Dice onion. Cut meat into cubes. Place meat in a billy, then diced vegetable and add water. Cook. If desired, add a cold tin of peas and/or packet of oxtail soup. Leave for 10 minutes before serving.

SAUSAGES WITH A DIFFERENCE:

Peel a thin green stick and sharpen one end. Heat this end over the fire, then push it through middle of sausage lengthways. Hold sausage over hot embers and turn until cooked. Could be supported by sticks while cooking.

KARTOFFEBAUFFER:

3-4 peeled raw potatoes.
1 onion.
1 tablespoonful flour.
1 egg.
Fat.
Pinch salt.

Rub potatoes on grater. Squeeze dry in a white tea-towel. Mix well with flour, minced onion, salt and beaten egg. Fry as for pancakes. Serve with either vegetables, or apple sauce, or golden syrup.

EGGS

These may be cooked in many different ways:

On a hot stone—grease stone, cut hole in slice of bread, butter both sides. Brown one side, turn, drop egg into hole.

In orange skin or grapefruit skin—cut a lid from top of orange. Scoop out, line with greaseproof. Break egg into it. Replace top. Bake in hot ashes.

In paper—make a bag of paper, break egg into it, add butter and salt. Put stick through top and hold over hot embers, not too close.

In earth—make earth damp enough so that it sticks together. Make a pinhole at each end of egg. Enclose egg in earth to 1½" thick. Bury in hot ashes for 15 minutes.

On bark—a concave piece, lined with greaseproof. Put right on fire or on logs over fire. Cook carefully.

In ashes—piece top of egg, bury in grey ashes leaving top exposed. REQUIRES VERY CAREFUL cooking.

In a potato—half cook a large potato in its jacket, scoop a hole in it and break egg into hole. Replace lid. Place in ashes. Serve in slices. The scooped out potato can be fried with any other food.

In grass—can be cooked in long wet grass tied at both ends. Done in a waxed carton. Pop in egg, knob of butter and some flakes of cheese, sliced tomatoes, cover with breadcrumbs, put lid on carton, and place in embers. Carton may be wrapped in tinfoil and lined with greaseproof. A carton may also be used for egg custard.

NORWEGIAN OMELETTE:

2 lightly beaten eggs.
1 cup milk.
1 cup breadcrumbs.

Soak for 5 minutes. Stir in well-greased pan until setting, then leave until bottom browns, loosening side with a knife. Serve brown side up.

EGG WAFFLE:

Soak bread in egg beaten with a little milk. Heat flat stone for about 15 minutes. Grease surface and cook soggy bread on it until brown on one side, then turn, and brown.

POACHED EGG:

Put water into ice cream carton with greenstick through top. Break egg into water and hold over hot embers.

SCOTCH EGGS:

Hard boil eggs first. Remove shell and cover egg with sausage meat. Mould on firmly. Place in deep fat for a few minutes.

FISH

STEAMED FISH:

Wrap the fish with a knob of butter in greaseproof and then in tinfoil or layers of wet brown paper. Place in embers.

FISH ON BARK:

Find a firm hallow piece of bark, line it with greaseproof paper. Place fish onto paper and put the bark over the embers of the fire.

FISH ON A PLANK:

On a large plank or board covered with tinfoil, nail the amount of fish required onto plank. Butter side of fish and place board at right angle to fire. The tinfoil acts as a reflector.

MISCELLANEOUS

BAKED APPLES:

(a) Hollow out core of apple and fill with sugar and/or raisins and sugar. Wrap in tinfoil and place in embers.

(b) Core medium-sized cooking apples and thread them on a green peeled stick. Support the stick on two forked sticks at one end of the fire and turn apples until cooked thoroughly. Fill centre with raisins, dates, etc., and with milk. This has an advantage of cooking pudding while leaving fire free for cook-first course.

BANANA SPLIT:

Slice a banana down the inner side and put several pieces of chocolate in the split. Place on edge of fire and leave till the chocolate melts. Then serve as a delicious desert.

TOASTED MARSHMALLOWS:

Place marshmallows on the end of a stick and cook till the inside melts but the outside stays firm. It only takes a minute or two.

CUSTARD IN AN ORANGE SKIN:

Mix custard and pour into a hollowed out orange skin. Cook in the embers when ready. If desired, add marshmallow on the custard. Reheat till marshmallow is golden brown.

PANCAKES:

Make pancakes in a billy can, either plain or with chopped meat, bacon, etc., in the batter.
½lb. self-raising flour; pinch salt; 1 teaspoonful sugar.
These can be mixed already in a bag. Add one egg and then milk to make a liquid batter. Mixing can be done in a plastic bag or billy.

CHEESE PANCAKES:

Make a damper mixture but to a consistency of batter. Stir in some gated cheese (or any other suitable flavouring). Put a little fat in the frying-pan and fry like an ordinary pancake.

BAKED POTATOES:

Small potatoes, butter, grated cheese. Wrap small potato in wet brown paper then in long wet grass. Bury in hot ashes for about ½ hour. Cut in half and and mix in butter and/or grated cheese.

POTATO FRITTERS:

2oz. butter.
¼lb. self-raising flour.
¼lb. boiled vegetables.
Pinch salt.
Rub butter into flour and salt. Add cooked potatoes and press into small cakes. Sprinkle dry flour in a pan and cook over embers until lightly browned. Nice with butter.

STUFFED TOMATOES:

Tomatoes, cheese, breadcrumbs.
Cut top off tomatoes. Take out a little of the tomato pulp. Mix pulp with breadcrumbs and, if desired, diced onion. Fill the tomatoes with this mixture. Slices of cheese on top and then replace top. Wrap in wet brown paper and long wet grass or tinfoil. Place in hot ashes.

TOASTED SANDWICHES:

You can toast your own favourite sandwiches by buttering both sides and frying in a frying pan.

ANGELS ON HORSEBACK:

Wrap a rasher of bacon around a slice of cheese. Cook in tinfoil or secure by toothpicks and cook on a green stick.

DEVILS ON HORSEBACK:

Similar to angels but use prunes instead of cheese.

DAMPER:

½ cup flour.
1 teaspoonful baking powder.
1 teaspoonful butter.
Pinch salt.
¼ cup water.

Rub butter into flour, salt and baking powder. Add enough water to make a stiff dough.
Can be cooked on a stick, but better in tinfoil. Split and fill with butter and jam or cheese or cooked bacon.

SAVOURY BEANS (Serves 8):

6 sausages or 1 lb. sausage meat.
1 can cooked corn kernels.
2 cans baked beans.
1 medium - sized onion, chopped fine.

Cut sausages into small pieces and fry with onion until brown. Add corn, then beans. Add water if mixture is too stiff. Add tomato sauce if wanted.
Serve HOT.

CORN CHOWDER U.S.A. (Serves 12):

12 slices fat bacon.
10 medium - sized diced potatoes.
2 tsps. fat.
6 onions.
5 cups whole kernel corn.
2 quarts milk.

Cut bacon and onions small and fry. Add potatoes ½ hour before serving time. Add corn just before potatoes are cooked. Add milk just before serving. Bring to boiling point an serve.

Notes